

## USDA National Nutrient Database for Standard Reference Release 28

## Full Report (All Nutrients) 01102, Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D

Report Date: December 09, 2015 15:55 EST

Nutrient values and weights are for edible portion.

## Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.2g	1 quart 1,000g
<b>Proximates</b>							
Water	g	82.30	8	0.231	205.75	25.68	823.00
Energy	kcal	83	--	--	208	26	830
Energy	kJ	349	--	--	872	109	3490
Protein	g	3.17	11	0.041	7.92	0.99	31.70
Total lipid (fat)	g	3.39	10	0.037	8.48	1.06	33.90
Ash	g	0.80	--	--	2.00	0.25	8.00
Carbohydrate, by difference	g	10.34	--	--	25.85	3.23	103.40
Fiber, total dietary	g	0.8	--	--	2.0	0.2	8.0
Sugars, total	g	9.54	--	--	23.85	2.98	95.40
<b>Minerals</b>							
Calcium, Ca	mg	112	8	3.987	280	35	1120
Iron, Fe	mg	0.24	--	--	0.60	0.07	2.40
Magnesium, Mg	mg	13	5	0.622	32	4	130
Phosphorus, P	mg	101	5	5.381	252	32	1010
Potassium, K	mg	167	5	7.479	418	52	1670
Sodium, Na	mg	60	5	5.193	150	19	600
Zinc, Zn	mg	0.41	5	0.022	1.02	0.13	4.10
Copper, Cu	mg	0.065	--	--	0.162	0.020	0.650
Manganese, Mn	mg	0.077	--	--	0.192	0.024	0.770
Selenium, Se	µg	1.9	--	--	4.8	0.6	19.0
Fluoride, F <a href="#">1</a> <a href="#">2</a>	µg	5.2	11	0.750	13.0	1.6	52.0
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	0.9	--	--	2.2	0.3	9.0

Nutrient	Unit	1			1 cup 250g	1 fl oz 31.2g	1 quart 1,000g
		Value Per 100	Data points	Std. Error			
Thiamin	mg	0.037	--	--	0.092	0.012	0.370
Riboflavin	mg	0.162	--	--	0.405	0.051	1.620
Niacin	mg	0.125	--	--	0.312	0.039	1.250
Pantothenic acid	mg	0.295	--	--	0.738	0.092	2.950
Vitamin B-6	mg	0.040	--	--	0.100	0.012	0.400
Folate, total	µg	5	--	--	12	2	50
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	5	--	--	12	2	50
Folate, DFE	µg	5	--	--	12	2	50
Choline, total	mg	17.0	--	--	42.5	5.3	170.0
Vitamin B-12	µg	0.33	--	--	0.82	0.10	3.30
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	27	--	--	68	8	270
Retinol	µg	26	--	--	65	8	260
Carotene, beta	µg	7	--	--	18	2	70
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	98	--	--	245	31	980
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	0.18	0.02	0.70
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	1.3	--	--	3.2	0.4	13.0
Vitamin D3 (cholecalciferol)	µg	1.3	--	--	3.2	0.4	13.0
Vitamin D	IU	51	--	--	128	16	510
Vitamin K (phylloquinone)	µg	0.3	--	--	0.8	0.1	3.0
<b>Lipids</b>							
Fatty acids, total saturated	g	2.104	--	--	5.260	0.656	21.040
4:0	g	0.101	--	--	0.252	0.032	1.010
6:0	g	0.060	--	--	0.150	0.019	0.600
8:0	g	0.035	--	--	0.088	0.011	0.350
10:0	g	0.078	--	--	0.195	0.024	0.780
12:0	g	0.088	--	--	0.220	0.027	0.880

Nutrient	Unit	1			1 cup 250g	1 fl oz 31.2g	1 quart 1,000g
		Value Per 100	Data points	Std. Error			
	g						
14:0	g	0.315	--	--	0.788	0.098	3.150
16:0	g	0.889	--	--	2.222	0.277	8.890
18:0	g	0.466	--	--	1.165	0.145	4.660
Fatty acids, total monounsaturated	g	0.990	--	--	2.475	0.309	9.900
16:1 undifferentiated	g	0.071	--	--	0.178	0.022	0.710
18:1 undifferentiated	g	0.872	--	--	2.180	0.272	8.720
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.124	--	--	0.310	0.039	1.240
18:2 undifferentiated	g	0.078	--	--	0.195	0.024	0.780
18:3 undifferentiated	g	0.046	--	--	0.115	0.014	0.460
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	12	--	--	30	4	120
<b>Amino Acids</b>							
Tryptophan <small>3 4 5 6</small>	g	0.041	--	--	0.102	0.013	0.410
Threonine <small>3 4 5 6</small>	g	0.135	--	--	0.338	0.042	1.350
Isoleucine <small>3 4 5 6</small>	g	0.164	--	--	0.410	0.051	1.640
Leucine <small>3 4 5 6</small>	g	0.300	--	--	0.750	0.094	3.000
Lysine <small>3 4 5 6</small>	g	0.265	--	--	0.662	0.083	2.650
Methionine <small>3 4 5 6</small>	g	0.083	--	--	0.208	0.026	0.830
Cystine <small>3 4 5 6</small>	g	0.019	--	--	0.048	0.006	0.190
Phenylalanine <small>3 4 5 6</small>	g	0.164	--	--	0.410	0.051	1.640
Tyrosine <small>3 4 5 6</small>	g	0.160	--	--	0.400	0.050	1.600
Valine <small>3 4 5 6</small>	g	0.208	--	--	0.520	0.065	2.080
Arginine <small>3 4 5 6</small>	g	0.091	--	--	0.228	0.028	0.910
Histidine <small>3 4 5 6</small>	g	0.096	--	--	0.240	0.030	0.960
Alanine <small>3 4 5 6</small>	g	0.107	--	--	0.268	0.033	1.070
Aspartic acid <small>3 4 5 6</small>	g	0.271	--	--	0.678	0.085	2.710
Glutamic acid <small>3 4 5 6</small>	g	0.712	--	--	1.780	0.222	7.120

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 250g	1 fl oz 31.2g	1 quart 1,000g
Glycine <sup>3 4 5 6</sup>	g	0.063	--	--	0.158	0.020	0.630
Proline <sup>3 4 5 6</sup>	g	0.313	--	--	0.782	0.098	3.130
Serine <sup>3 4 5 6</sup>	g	0.191	--	--	0.478	0.060	1.910
<b>Other</b>							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	1	--	--	2	0	10
Theobromine	mg	23	--	--	58	7	230
<b>Flavonoids</b>							
Proanthocyanidin							
Proanthocyanidin dimers <sup>7</sup>	mg	2.2	2	--	5.4	0.7	21.8
Proanthocyanidin trimers <sup>7</sup>	mg	0.0	2	--	0.0	0.0	0.0
Proanthocyanidin 4-6mers <sup>7</sup>	mg	0.0	2	--	0.0	0.0	0.0
Proanthocyanidin 7-10mers <sup>7</sup>	mg	0.0	2	--	0.0	0.0	0.0
Proanthocyanidin polymers (>10mers) <sup>7</sup>	mg	0.0	2	--	0.0	0.0	0.0
<b>Sources of Data</b>							
<sup>1</sup> Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion							
<sup>2</sup> A. Kingman Unpublished data, NIDR/NIH, 1984, 1984 Unpublished data. NIDR/NIH, 1984.							
<sup>3</sup> Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD							
<sup>4</sup> Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD							
<sup>5</sup> Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD							
<sup>6</sup> Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD							

<sup>7</sup>Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Concentrations of proanthocyanidins in common foods and estimations of normal consumption, 2004 J. Nutr. 134 pp.613-617